

Cooking for Kids

Recipe Sizing Report

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Jan 20, 2022

000361 - Broccoli Salad CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/4 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011090 BROCCOLI,RAW.....	14 cup + 1 3/4 Tbsp	1. Wash and cut broccoli into very small bite sized florets.
004706 DRESSING,HONEY MUSTARD,FAT-FREE... 001117 YOGURT,PLN,LOFAT..... 799908 ONIONS,RED,RAW..... 902993 RAISINS, SEEDLESS, NOT PACKED..... 007974 BACON,TURKEY,LO NA.....	1/2 cup + 1 tsp 3/4 cup + 1/2 Tbsp 1/3 cup + 1 Tbsp (chopped) 1 cup + 1/2 Tbsp 1/2 lb	2. In large bowl, mix honey mustard dressing and yogurt together. Add broccoli and remaining ingredients and gently toss. Cover and chill. Portion into 1/4 cup servings.

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	69 kcal	Cholesterol	8 mg	Sugars	*2.3* g	Calcium	43.67 mg	25.12%	Calories from Total Fat
Total Fat	1.92 g	Sodium	141 mg	Protein	3.12 g	Iron	0.57 mg	8.63%	Calories from Saturated Fat
Saturated Fat	0.66 g	Carbohydrates	11.25 g	Vitamin A	326.6 IU	Water ¹	*61.85* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.66 g	Vitamin C	48.1 mg	Ash ¹	*0.90* g	65.27%	Calories from Carbohydrates
								18.13%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.